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Reporting From Orbit

DON'T FORGET!

Easy Exercises
for a
Better Memory
at Any Age

Danielle C. Lapp

McGraw-Hill, 1987,
253 pages, 8" x 5 1/4",
paperback, \$6.95

Don't Forget! couples practical suggestions with easy, effective exercises. It offers both general improvement methods and special solutions to specific problems, such as remembering names and faces, lists, numbers, instructions and recipes; retaining what you read; learning foreign languages and overcoming absent-mindedness. Also included are memory tests that will allow you to pinpoint your strengths and weaknesses, and to measure your progress — which can be considerable, whether your goal is to restore the memory you once had or to maximize your memory potential.

— from the publisher



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Washington, DC 20036

Please send _____ copy(ies) of *Don't Forget!* I include a check payable to Science News Books for \$6.95 plus \$1.00 handling (total \$7.95) for each copy. Domestic orders only.

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RB739

LISTENING TO YOUR OWN BODY

A Guide to the Neurological Problems that Afflict Us As We Grow Older

By James W. Neumann

"This book will give the lay reader excellent background information in a language he or she can readily understand. . . . [an] eminently readable, concise and accurate guide to many neurological problems [which] should be a boon to patients and quite possibly lead to earlier diagnosis and treatment."

— Dewey K. Ziegler, M.D.
former president, American Academy of Neurology

Adler & Adler, 1987, 127 pages, 5 1/2" x 8 3/4", paperback, \$6.95
ISBN 0-917561-26-0

Correct and early diagnosis of neurological ailments is often the only way to ensure effective treatment, and doctors have traditionally depended on their patients' self-reported symptoms to make a diagnosis. Even though today's advances in medical technology make it possible for doctors to rely more and more on laboratory tests in diagnosis — downplaying the importance of the patient's symptoms — there are no definitive tests for such neurological ailments as Parkinson's disease, Alzheimer's disease, tic douloureux or migraines. More often than not, symptoms signaling these types of dangerous neurological illnesses are ignored or simply accepted as natural consequences of aging.

Listening to Your Own Body includes a glossary of medical terms and an index to symptoms, all in easy-to-read bold type. As Dr. Neumann says, "Remember, the earlier your doctor makes a correct diagnosis, the greater your chances for prompt treatment and effective relief. That's what this book is all about."

— from the publisher

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